**Student Wellness Subcommittee**

**September 25, 2013**

**Attendees:** Heather, Mary McCourt, Steve Gaskill, Karen Allen, Jason, Lisa, Donna, Linda Simon

Note: Mental Health is now called Mental Wellness

Agenda for Oct 4

* Registration – currently 174
* Have called outlining schools multiple times and no response
  + Maybe have Charmell contact some of them because she has already made a connection with them
* Will be sending out another invite Wed. Oct 2 to all who have registered
* Recommended to send another reminder this Friday
* Lisa Bullock will be attending
* Parking
  + Paying $58 for top level
  + Parking is only in decal lots – not in pay lots – map will be sent
  + Signs already made and ready to go
* Jason – when you send out again – maybe don’t send flyer but just send a personal note with a link to the registration
  + Lisa will format an email and send to each one in the group – who can then send to their own list they would like to invite.
  + Lisa will also talk to Brandy Tyree
* Lisa will send out a list of attendees and their choices for breakout sessions
* Agenda – arrive at 6am
  + Set up break out rooms
  + Jason will email talking points to Heather for Alex
  + Tables – need 7 tables w/2 people at each table
    - Karen, Linda, Deanna, 7-8 students, Becca, Heather
  + Registration Table
    - Students at entrance with bags to give to each person
    - Students will direct people to food area
  + 7:45 – Zero activity
  + Susan Hay Patrick - will be emcee and introduce Alex Apostle – at podium
  + Dr. Apostle has 10 minutes – at podium
  + Need a clip mic for Darla’s presentation
    - Steve will check on this
  + Susan then introduces Dr. Gaskill
    - Powerpoints will be downloaded in morning
      * Steve will email Darla to have her to email her presentation
      * Mary will put it on the thumb drives also
      * Reserve seats for speakers in front row
      * Water bottles for speakers
* Have active recess inside the UC and Theatre (so we don’t lose people during this time)

9:40-9:55 Susan announces breakout sessions – explaining the breakout sessions and their purpose – your chance to make the world better!

* People will follow 6 students carrying a pole with sign on it for each break out session

Signage: “Safe Route To… “(title of each break out session)

10-11:15 Break out session

* Panel experts in each breakout session could take notes
* Note takers deliver top 2-3 items (on chart paper) to UC Theatre
* Susan will share these ideas with the audience

Send off – promise to send all attendees:

1. GMM work plan for physical activity (by Dec. 15)

Last on the event schedule: Give Away prizes!

Main sessions recorded by MCAT

Bags include:

Agenda

Handout

Thumb Drive

Pens

(need note pads) Steve Gaskill will ask UM, Chamber?

Healthy snack from a health food store

Donna would like agenda notes from today to send to facilitators – Mary will get that to her

Facilitators – different color name tag – Mary has ribbons to attach

Room set ups- Steve

Registrations with dietary restrictions: Put menu on Oct 2 email so those with dietary needs can see what will be offered.

BUDGET

* $600 short
* Food
* Need to coordinate with UM, Community Center, to get lead up article on event
  + Steve will work on UM press
  + Mary McCourt will contact Community Med Center tomorrow morning at Let’s Move Missoula meeting
* No cost for stuff on Heather’s list
* Mary will print out agendas
* Susan hoping United Way will give $500
  + Steve will charge all U fees to SHAPE P20 grant
  + Mary will pay for bags

Asked: Runner’s Edge, REI, Mismo, The Peak all declined donating to event.

Maybe ask for the February event

Prizes –

U – no initiation & 2 free months

Parks & Rec gave a bag of goodies

Try: UC Bookstore, Runner’s Edge for gift card, Women’s Club,

NEXT EVENT: Focused on Nutrition

* Need
  + Registration – stay with Msla City-County Health Dept. - Lisa
  + Venue – UM is reserved – Steve will help
  + Budget - Heather
  + Agenda –Linda & Mary McCourt
    - Key note
    - Break out sessions
  + Need to bring in nutrition people to committee
    - Carla Cox – Western Mt Clinic – Linda Simon will contact her
    - UM nutritionist – Steve will contact
    - Community Med Center
    - St. Pat’s – Donna will contact
    - Dr. Venetta – St Pat’s pediatrician
    - Public Policy related to Nutrition person?
      * Director of food services at UM
    - Institute of Medicine and CDC have info on food in schools
  + Need to decide what the ending goal is for the event
  + Look on grants on school competitive foods – Lisa & Mary McCourt
  + The Brain on Healthy Food
  + How Competitive foods get in the Way
  + May need to charge for summit – if we charge for summit the rooms are not free
* Debrief Celebration?
  + Heather will look at dates

**Next meeting will be 4th Wed. in October 23, 3:30-5pm**

If you have resources you are referencing during the session get to facilitator.